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SHOOTING
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**News worth
sharing.**

Jets. Down



► Winnipeg Jets goalie Chris Mason stops a shot from New York Rangers forward Derek Stepan during second-period action in Winnipeg last night. Unfortunately, Mason couldn't stop them all, and the Rangers skated away with a 2-1 win.

JOHN WOODS/THE CANADIAN PRESS

Small talk a big issue for judge

► Mistrial sought after experienced judge in case chats with a key witness outside courtroom ► Pair is on trial for animal offences



JAMES TURNER
@METRONEWS.CA

The conduct of one of Manitoba's most experienced judges is under fire after he chatted momentarily with a Crown witness outside a courtroom right before the witness was to give evidence.

David Nikkel and Presilla Ragnanan are seeking a mistrial in their animal-abuse-related case, alleging that provincial Court Judge Theodore (Ted) Lismer is biased against them.

Failing that, they're asking a higher court to forbid Lismer from hearing their trial any longer.

Lismer briefly spoke out of court with Dr. Terrence Whiting, the manager of animal welfare for the chief veterinarian's office, just before he was set to testify for the Crown on

Sept. 8.

Nikkel and Ragnanan have attacked the doctor's testimony in prior hearings. Lismer has ruled against them despite their attacks, Nikkel says.

"I was shocked to see a judge talking to a witness, particularly since it was obvious to everyone that this witness was key to the Crown's case and the defence had mounted a strenuous attack on his credibility," Nikkel states in sworn documents.

"I do not believe that I can get a fair trial when the judge openly, by his own initiative, fraternizes with a witness," he said.

Lismer acknowledges a brief conversation took place, but told court on Sept. 9 it was innocent and unrelated.

"I do not know Dr. Whiting, other than having him as a witness on ... three occasions," Lismer said. "And I do not consider

"I saw a person sitting and when I came close I recognized this was the next witness, and I said, 'We'll have to be charging you rent,' or something to that effect, and that's it."

JUDGE THEODORE LISMER

myself ... biased in any way, and feel that I should proceed."

Nikkel and Ragnanan will argue their case in the Court of Queen's Bench on Nov. 23.

The pair is charged with eight violations of animal-welfare laws after a number of dogs were seized from them on Dec. 5, 2008.

Lismer was appointed to the provincial court Jan. 17, 1977, making him Manitoba's longest-serving judge.

Jets come up a little short



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CANADA'S LARGEST
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1
news

President Obama announces a plan to help reeling U.S. homeowners repay upside-down mortgages. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Expect markets to be volatile until EU leaders finalize plans for solving the debt crisis. Allan Small has more at metronews.ca/investing

Woman loses bid to stay in Canada

JAMES TURNER
@METRONEWS.CA

A Russian woman living in Winnipeg and hoping to stay in Canada — who says she fears violent persecution from racist skinheads back home — has lost a bid to overturn government ruling saying she's not in need of protection.

But that doesn't mean

Tatyana Lebedeva will be immediately kicked out of the country, her lawyer said yesterday.

The 55-year-old mother sought refuge in Canada after arriving on a visitor's visa in 2008.

She was denied refugee status and asked the courts to overturn an Immigration and Refugee Board (IRB) de-

cision that her persecution claims were unfounded. The board said she could return to live elsewhere in Russia.

Lebedeva says she and her family have been targets for harassment and violent attacks in her home city of Orenburg because of her "connection to Jewish people and to Israel," Jus-

tice Marie-Josée Bédard said. Lebedeva is not of the Jewish faith.

Lebedeva argued that even if she were to move to another Russian city, word would travel and a false perception she is a Jew — along with the violence — would follow her.

But the IRB pointed to Lebedeva's stay in Moscow

for eight months between 2006-07 where she "experienced no problems whatsoever," Bédard said.

Lawyer David Matas said yesterday the government has not approached her regarding what's called a "pre-removal risk assessment," a necessary step it must take prior to deporting her.

New equipment for hospitals

- ▶ NDP to spring for MRI machines
- ▶ Other equipment will be funded based on doctors' recommendations



ELISHA DACEY
@METRONEWS.CA

The government is spending \$120 million over the next four years on diagnostic equipment, including three MRIs at various Manitoba hospitals.

Health Minister Theresa Oswald made the announcement yesterday morning in the lobby of Grace Hospital, which will receive one of the three machines.

Selkirk Hospital and Dauphin Hospital will receive the other two.

Oswald noted the additional machines, which will bring Manitoba's total up to 11 from three, will help reduce wait times.

"These enhancements are focused primarily on diagnostic imaging and

Other equipment

- ▶ Cardiac CT Scanner for St. Boniface General Hospital.
- ▶ New CT scanners for Grace and Selkirk hospitals.
- ▶ Ultrasound scanners at Portage, St. Boniface hospitals and HSC.
- ▶ Replacement of radiographic/fluoroscopic site at Seven Oaks.
- ▶ Replacement of radiology suites in Melita and Deer Lodge Centre.
- ▶ Portable C-arm X-ray image intensifier at Deer Lodge Centre.
- ▶ Dual-head gamma camera at Victoria General Hospital.

cardiac services," said Oswald. "They will help to reduce wait times and ensure better, faster, more dependable service."



▶ Health Minister Theresa Oswald makes the announcement yesterday at Grace Hospital.



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Drug link probed in unsolved shootings

▶ Anyone with information who hasn't yet spoken to police asked to call 986-6508 or Crime Stoppers



JAMES TURNER
@METRONWS.CA

Winnipeg police are now linking three unsolved shootings that resulted in two deaths just over a year ago to the city's drug underworld.

The same suspect or suspects pulled the trigger on the shootings of Ian Layton MacDonald, 52, and Thomas Beardy, 35, and a 13-year-old girl on the night of Oct. 23, 2010, Winnipeg police now say.

MacDonald and Beardy died of their injuries.

Beardy was visiting a home on Dufferin Avenue at the time he was shot and MacDonald was gunned down minutes later at his home on Boyd Avenue.

The homes where MacDonald and Beardy were shot are linked to the drug subculture in the city's North End, said Sgt. Ross Read.

"We believe those specif-

ic residences were targeted ... not necessarily the people that were shot," said Sgt. Ross Read.

Read said police are reluctant to release many other details about their investigation into the shootings because it can lead to wasted time with unproductive interviews, said Read.

"There are those witnesses who will grab that information and parrot it back to us.... They're just people that like talking to the cops," said Read.

Police released an updated description of a potential suspect.

Read said they are seeking an aboriginal male in his late teens to early 20s who is between five-foot-eight to six feet tall, with a slim build.

He was wearing baggy dark clothing, a hooded sweatshirt with the hood up and possibly a baseball cap, said Read. Some of the dark clothing may have had

"We're looking for new fresh information.... Without the witness accounts, it's guesswork."

SGT. ROSS READ

red colouring on it, he said, but there's no overt indication the red colour is some kind of gang signifier, Read added.

The suspect was also riding a BMX or mountain-style bike, he added.

Police are also seeking two potential witnesses to the Boyd Avenue shooting: an aboriginal woman about 20 years old with dark hair past her shoulders, of medium height and build who was possibly wearing a gold or beige winter jacket.

She was with a young, skinny Métis man who is about five-foot-eight and was wearing dark-coloured clothing and a hooded sweatshirt with the hood worn up, said Read.

'No lull' for police

Today marks one month in Winnipeg without a homicide — but that doesn't mean the city's homicide squad is sitting around idle, police say.

"They continue to work on closing off homicides

where arrests have been made," said Const. Jason Michalyshen.

"The wheels on the bus continue going 'round and 'round," said Michalyshen of the unit's efforts. "There's no lull in their world."

Managing files, filing reports and co-ordinating witnesses for court are infrequently seen or dis-

cussed facets of a homicide cop's job, but they're necessary to ensure successful prosecutions, said police.

A lull in violence can also offer investigators a chance to revisit unsolved cases with unbridled focus. Two of 32 killings this year remain active and open files where no arrests have been made.

● JAMES TURNER



Hobbit. Play

▶ Herbie Barns in the Hobbit, which starts this week at Manitoba Theatre for Young People.

LEIF NORMAN/MJTP

Theatre to mark 30 years with costume party

The play runs from Oct. 27 to Nov. 13, and the theatre will celebrate 30 years with a costume party on Saturday at 11:30 p.m. For more information visit mtyp.ca.

Twisted. Wreckage



▶ Despite the damage this sedan and another truck received in a crash on Pembina Highway near Plaza Drive yesterday morning, no one was seriously injured.

JAMES TURNER/METRO

Car rear-ended after transit bus stop

Winnipeg police said a Winnipeg Transit bus stopped to pick up a passenger, causing the sedan to stop behind it. A truck rear-ended the sedan. Reports from the scene said the sedan's driver walked away from the crash unscathed.



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Lesbian couple turfed from Timmies

► Tim Hortons says it apologized, not store's intent to 'offend or target anyone based on ... sexual orientation'

A southwestern Ontario reverend says he was acting as a concerned father when he complained about a couple's public display of affection at a Tim Hortons in Blenheim last month.

Eric Revie of Glad Tidings Community Church says he was there with his wife and two children when he asked the manager to tell the couple to tone it down.

Riley Duckworth, 25, of London, and her partner Patricia Pattenden, 23, say they were told to leave the coffee shop because they are lesbians.

But Revie says at the time he thought it was a man and woman and found out the couple was actually same sex after he

"The guests' behaviour went beyond public displays of affection and was making other guests feel uncomfortable"

ALEXANDRA CYGAL, MANAGER OF PUBLIC AFFAIRS AT TIM HORTONS

complained.

"There was a couple that were straddling each other, making out ... not just kissing, going further than that," Revie told a Chatham radio station yesterday.

"I had my children there. I asked the manager if she could ask them to tone it down," he said.

Duckworth says she and Pattenden were outside drinking coffee with family and friends and kissed once or twice but denies they were groping each other.

Duckworth said she and Pattenden were told "to leave within five minutes or the cops would be called."

Dozens of people, including friends, family and members of Pride Chatham-Kent, plan to demonstrate outside the coffee shop on Thursday.

Alexandra Cygal, a Tim Hortons spokeswoman, said management has apologized and invited the women back.

Duckworth said she'll never return to Tim Hortons again. **THE CANADIAN PRESS**

Forcibly. Removed



► Russian police officers detain protesters during an unsanctioned pro-democracy rally in front of the Central Election commission office in downtown Moscow yesterday.

IVAN SEKRETAREV/THE ASSOCIATED PRESS

Protesters rounded up

Police detained at least 12 activists and dispersed an unauthorized opposition rally against the Kremlin's control over elections in Russia and Prime Minister Vladimir Putin's decision to run for a third presidential term in the next election.

Few jailed over grow-op charges: Study

Only about one of every six people convicted in marijuana grow-op cases goes to jail, says a newly released Justice Department study.

The finding suggests the new minimum-sentence provisions in the Conservative government's omnibus crime bill could dramatically increase the number of people behind bars for running grow-ops.

Bill C-10, now before a House of Commons committee, would impose a minimum sentence of six months' jail for anyone growing between six and 200 marijuana plants. Minimum terms increase in steps to two years for higher quantities, with more severe terms for using rented premises. The study was obtained under the Access to Information Act.

THE CANADIAN PRESS

Frantic search for Turkish quake survivors

BURHAN OZBILICI/THE ASSOCIATED PRESS

Distraught Turkish families mourned outside a mosque or sought to identify loved ones among rows of bodies yesterday as rescue workers scoured debris for survivors after a 7.2-magnitude quake that killed at least 279 people.

Rescue teams with generator-powered floodlights worked into the night in the worst-hit city of Ercis, where running water and electricity were cut by the quake that rocked eastern Turkey on Sunday. Unnerved by over 200 aftershocks, many residents slept outside their homes, making campfires to ward off the cold, as aid organizations rushed to erect tents



► Emergency workers carry a youth they rescued from the rubble and debris of a collapsed building in Ercis, eastern Turkey, yesterday.

for the homeless.

Victims were trapped in mounds of concrete, twisted steel and construction debris after more than 100

buildings in two cities and mud-brick homes in nearby villages pancaked or partially collapsed in the earthquake. **THE ASSOCIATED PRESS**

Centenarian denied record

A 100-year-old man who completed the Toronto Marathon has not made it into the Guinness World Records book af-

ter all.

The Turbaned Tornado, as he's nicknamed, thought he'd become the oldest marathoner ever on Oct. 16, but Guinness spokesman Craig Glenday said Singh can't provide a birth certificate to prove his age. **THE CANADIAN PRESS**

FRANK GUNN/THE CANADIAN PRESS



► Fauja Singh



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There are things that only world's largest newspaper can do.
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Where refugees can dream

► Life a journey, not a destination, for those living in Dadaab, Kenya
► Metro offers a glimpse inside the world's largest refugee camp

JORDAN POUILLE METRO WORLD NEWS



In the middle of the desert, 100 kilometres from Somalia and 500 kilometres from Nairobi, Mohamed and Hussein, both 22, listen to an MP3 player on their plastic chairs while waiting for kids to be vaccinated. Since last summer, an epidemic of measles has been spreading all over Dadaab, a camp with 450,000 people. Ninety-seven per cent of them are Somali citizens who escaped their country because of drought, famine and lack of security. Dadaab refugee camp, established in 1991, has been getting bigger and bigger ever since.

Mohamed and Hussein work as nurses at the International Rescue Committee (IRC) hospital. It's only a handful of white tents where newly arrived refugee families can get medical treatment and food for their malnourished children.

The young men have been assigned to the Kambios annex, a new camp set up by UNHCR, the UN refugee agency, to relieve overcrowding in historical camps of Dagahaley, Agadera and Ifo.

Fortunately, a groundwater reserve has just been discovered here, food is provided by the UN World Food Programme on a daily basis but everything else — education, hospital, toilets and even security — is still lacking.

Dadaab camp

Dadaab, with a total area of 50 square kilometres and a population of roughly 450,000, is the largest refugee camp in the world.



Mohamed and Hussein know too well what this is all about. There are Somali refugees who came here with their families when they were two years old. Mohamed often says, "I wish I could come back if my country was peaceful."

But will it ever be? In Somalia, al-Shabab fighters control most of the country including the outskirts of Dadaab refugee camp. Somali authorities have not been able to create a stable government for the last 20

years and African Union troops in Mogadishu are overwhelmed.

Canada, the United States and Great Britain are the few countries that offer exile to Somali refugees. A dozen of ex-Dadaab residents are now enjoying scholarship in Canadian universities, for example. But competition is fierce and Mohamed believes he might never be able to leave Dadaab. Life is tough in the desert but he is thinking about settling down for real.

"I am going to start looking for a girlfriend here. I hope she will be educated and hard-working like me."

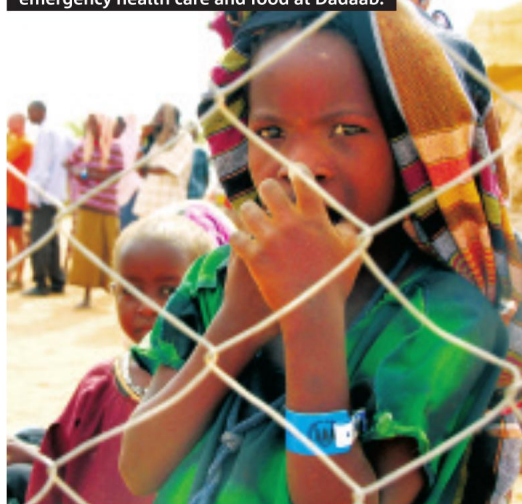
Once Mohamed gets married, UNHCR will give him a tent. He might want to start a small business with his brother, who studies at a Dadaab vocational school financed by the Norway Refugee Council. Here, young Kenyan locals or refugees learn how to cut hair, apply makeup, sew and even how to fix a radio receiver.

The school headmaster admits that it's hard to convince refugees to turn up at school everyday: "Some of our students have never seen their parents working, since everybody here relies on food supply. Our main task is to motivate them."

Mohamed and Hussein also discovered that their refugee situation made young local Kenyans jealous.

"We went to school and found a job. They did not."

► Life has a label on it: The blue wristband will enable these children to benefit from emergency health care and food at Dadaab.



ALL IMAGES: JORDAN POUILLE/METRO WORLD NEWS



► Beauty school



► New arrivals



► Playing in puddles



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DIY COSTUME TRICKS A TREAT

SHE SAYS ...

JESSICA NAPIER
METRO



sure plenty of you are still scrambling to figure out what to wear come Halloween night. Before you spent \$50 on a lame store-bought pirate costume (oh look, another Captain Jack Sparrow), you might want to consider what you're trying to achieve on the most spooktacular night of the year. Whether you're going for scary, sexy or something else entirely, here are a few do-it-yourself costume ideas with various outcomes.

Objective: Upstage all of your friends in an inappropriate fashion.

Costume: Pippa Middleton (bridal edition).

What you'll need: Body-hugging white dress, fake British accent, show-stealing caboose.

Objective: When it comes to Halloween, you want people to know that you're totally over it.

Costume: Brooklyn hipster.

What you'll need: Plaid shirt, ironic mustache, Moleskin notebook filled with passages from your favourite posts on Thought Catalog. Remember to keep your "I'm so bored" face on for the entire night.

Objective: Finish all of that leftover self-tanner you've been meaning to throw out.

Costume: Lindsay Lohan mug shots through the ages.

What you'll need: Three friends, blond wigs, orange jumpsuits. Don't forget to practice your parole-breaking smirks beforehand.

"Ryan Gosling in Drive ... If you can pull this off, call me."

Objective: You're not exactly sure what swooning looks like, but you'd like to find out.

Costume: Ryan Gosling in Drive.

What you'll need: Satin scorpion jacket, driving gloves,

smoldering good looks. If you can pull this off, call me.

Objective: Inspire others to question whether it's "too soon" for your costume.

Costume: Steve Jobs.

What you'll need: Black turtleneck, jeans, iPad, questionable sense of timing.

Objective: Accumulate enough mini Snickers bars to last you until mid-December.

Costume: Good-natured parent.

What you'll need: Comfortable walking shoes, flashlight, pillowcase, borrowed child willing to share the goods (this might be hard to find).

Objective: You want fellow partygoers to roll their eyes and call you a tool.

Costume: Charlie Sheen.

What you'll need: Bowling shirt, fedora, vials of #tigerblood, a couple of blonde women willing to act as your "goddesses" for the evening (even harder to find than the aforementioned candy-sharing child).

Read more of Jessica Napier's columns at metronews.ca/shesays

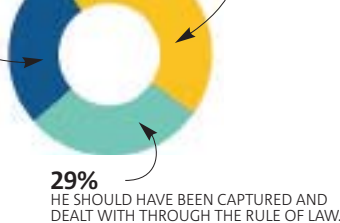


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What do you think of the end of Gadhafi?

27%
IT'S HARD TO SAY, AS I AM FAR REMOVED FROM THE EXPERIENCE OF LIVING UNDER HIS REIGN.

44%
HE WAS A BRUTAL DICTATOR AND DESERVED WHATEVER CAME TO HIM.



Worth mentioning

SHUTTLECOCKS. Russian President Dmitry Medvedev promoted the game of badminton in his video blog yesterday, describing it as the choice of those who seek success.

Dressed to play and holding a badminton racket, he told viewers that the sport helps not only in developing physical fitness and quick reactions but in learning to make decisions in life.

"Those who play badminton well can make quick decisions, which means they have the will to achieve success," Medvedev said in the clip posted on the Kremlin website.

He is then shown playing the game with Prime Minister Vladimir Putin, the two of them hitting a shuttlecock back and forth in an otherwise empty sports hall.

Medvedev's video clip was intended to promote badminton in Russian schools, but it was met with some ridicule on the Internet — even on his own edited blog, where Dmitry Yermolayev suggested that he should be worried about "more global issues than the type of physical education in schools."

THE ASSOCIATED PRESS

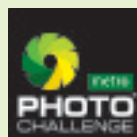


photo of the day

► This photo titled Red Cloud was submitted to the Colours of My City category by Carla Henriques from Portugal.



Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Vette stalls theft dead in its tracks

A would-be car thief allegedly armed with an axe has learned a powerful lesson from a powerless car parked in a Prince George, B.C., driveway.

RCMP Cpl. Craig Douglass said yesterday that Brent Jameson Morgan, 20, allegedly jumped into the idling Corvette just as the owner was putting away a charger used to revive the sports car's dead battery.

The owner watched in disbelief as the suspect rolled up the power windows, locked the power doors and

promptly stalled the vehicle

The shocked owner wasn't able to take any action because the man in his car was brandishing bear spray, Douglass said.

With not enough juice in the battery to restart the car, the suspect was trapped inside the Corvette after failing to break the window with the victim's anti-theft steering wheel lock and an axe in his backpack.

"As it turns out, all the suspect would have had to do was manually slide the door lock to the side and the door would have opened," Douglass said.

Morgan has been charged with theft, mischief, possession of break-in instruments and one other charge.

THE CANADIAN PRESS

2
scene

Felicity Jones bares all

► The Like Crazy star dishes on the movie's heavily improvised, non-stop filming style

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METRO WORLD NEWS IN HOLLYWOOD

British actress Felicity Jones makes a name for herself with *Like Crazy*, a lyrical, honest portrayal of a young couple (Jones and Anton Yelchin) dealing with the harsh realities of romance at odds with the practical world. It's a bold, emotionally honest performance, and one Jones had to maintain throughout shooting — the heavily improvised film was shot nearly round-the-clock, with the two leads never knowing what exactly would make it on screen. An odd working experience, to be sure, but one Jones says changed her life.

You were pretty much in character around the clock for this movie. How was that?

You just have to live and breathe it for the time that you're making the movie, so you don't have the mind-space to think about anything else but that. And so we were all at a point in our lives where we wanted and were able to just completely immerse ourselves in this project. And so we just spent every minute of the day with each other. It became this rather intimate triumvirate with Drake, Anton and I. We all felt that we wanted to make something unusual and wanted to be brave and not be conventional.



► Felicity Jones says that filming *Like Crazy* nearly around the clock and in a heavily improvised way changed her life.

How has your approach to other projects changed after working this way?

I found after *Like Crazy*, it was a revolution in many ways, in that all the ideas I'd had about acting and about performance were completely changed. And after *Like Crazy*, I felt this incredible calmness that I'd never had before. As an actor, because you don't have control over the whole product, you become quite the perfectionist. But after *Like Crazy* I suddenly just felt more relaxed about letting things

be, and that the whole ethos of improvisation is that things will happen, and interesting creative things will happen if you relax. And I took that mantra with me. I think every few years there's a job that completely changes everything, and *Like Crazy* was one of those jobs.

The film skips over a lot of the bigger, more traditional movie moments for a romance.

What's interesting is — because we shot so much

footage and the takes are so long — is that you just keep going until you find something interesting. You can be filming 40-minute takes and things like that. It was really unclear where the story would go, and actually things that were in the outline that were in the original script didn't end up in the final film. I was so surprised when I first watched it that you spend so little with them when they're actually enjoying their relationship. That's such a small part of the

Vital stats

- **Name:** Felicity Jones
- **Age:** 27
- **Past Work:** The Oxford-educated actress has appeared on camera in such British staples as the *Tempest*, *Brideshead Revisited* and *Doctor Who*
- **Earning acclaim:** Jones won a Special Jury Prize at the 2011 Sundance Film Festival for her performance in *Like Crazy*
- **Up next:** Jones can soon be seen in the BBC thriller *Page Eight* and *Hysteria*, about the invention of the vibrator. She also recently completed filming a second feature with *Like Crazy* director Drake Doremus.

film, and in the original script that was half the movie.

That summer courtship montage does go by incredibly fast.

Exactly, exactly. But in a way I think that's what makes it so powerful, because as an audience you feel like, "I want more of that!" Which is how they feel. It's exactly what we want. We want to manipulate your emotions.

How do you decompress from making a film like this?

Um... lots of alcohol (laughs). Don't put that in. Just reading and watching movies, and moving very little from the couch to the kitchen is the main thing.

Scene in brief



Janet Jackson is rescheduling part of her Australian tour so she can support her family during the trial of the doctor accused of involuntary manslaughter in her brother Michael's death. Dr. Conrad Murray is on trial in Los Angeles. He is accused of being negligent in his care of the superstar, who died in 2009 of an overdose of the anesthetic propofol at age 50.

THE ASSOCIATED PRESS

DVD Releases

Buy it 🍿🍿🍿🍿 | Rent it 🍿🍿🍿 | Borrow it 🍿🍿 | Yawn 🍿 | Don't bother 🍿

Captain America: The First Avenger

Genre: Action

Director: Joe Johnston

Stars: Chris Evans, Hugo Weaving, Samuel L. Jackson

🍿🍿

Captain America was always among the least modern of the Marvel Comics heroes, born of Second World War jingoism rather than 1960s idealism and angst. So it's entirely fitting that his Marvel-branded movie debut should seem from another age, in a film skillfully wrought by Joe

Johnston (*The Rocketeer*).

Set in 1942, with Nazi bloodlust graphically represented by the loathsome villain Red Skull (Hugo Weaving), *Captain America: The First Avenger* looks as if it were made to shown as an old-time movie extravaganza.

Chris Evans, who also plays the Human Torch in *Fantastic Four* films, stars as the Steve Rogers, the scrawny U.S. soldier turned biofreak behemoth.

As creation sagas go, *Captain America* tops two



other starters from the superhero summer of 2010, *Green Lantern* and *Thor*, and dovetails nicely with his coming turn in next year's *The Avengers*.

🍿 PETER HOWELL

Pearl Jam Twenty

Genre: Documentary

Director: Cameron Crowe

Stars: Eddie Vedder, Stone Gossard, Jeff Ament

🍿🍿

For a band that always insisted it wanted nothing to do with rock stars, Pearl Jam Twenty is a contradiction in terms. Cameron Crowe's chronicle of the Seattle grunge quintet's first two decades is undeniably thorough, but it's also weirdly self-aggrandizing.

Crowe, a former Rolling Stone writer and Seattle rock insider, is celebrating a legend that the band members always denied. Pearl Jam members have long professed to never wanting to be anything more than musicians.

But they sure can talk, when Crowe's camera prods them to. The Pearl Jam lads spend a great deal of time reminiscing about their problems with fame.

They're serious to a fault.

🍿 PETER HOWELL



Conan O'Brien, Jack Black, others to salute Will Ferrell as he wins top U.S. humour prize.

ROBERT, LET'S TALK ABOUT YOUR FACE

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



Quit playing games with my heart, Robert Pattinson's facial hair.

These photos of the star sporting various beards and goatees over the week-end are the photographic equivalent of putting ketchup on a fine cut of filet mignon: Why ruin such perfection?

On Saturday, the star was snapped with a full beard (and, might I say, horrific sunglasses; was he going for the chubby John Lennon look?) at the Roissy Charles de Gaulles Airport in Paris where he met up with Twilight co-star Ashley Greene. The two are in



Robert Pattinson cleans up (sort of) with a goatee.

town to do promotion for the latest tween blood-sucking installment of The Twilight Saga: Breaking Dawn - Part 1.

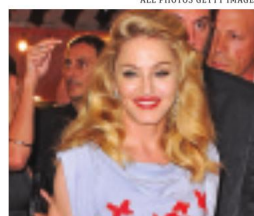
Luckily, on Sunday night, he cleaned up for the red carpet for the film's Paris premiere by shaving his beard down to a goatee (he also donned a sleek Dolce and Gabbana suit, which helped). That goatee we ladies can live with. But if you go full-on Brad Pitt/Mark Twain goatee, we're going to have to talk, Robert.

'My family turned their back on me'

► Madonna's brother living under a bridge ► Says family hasn't helped

Madonna's second oldest brother, Anthony Ciccone, is homeless and living under a bridge in Traverse City, Mich., he tells local news site the Michigan Messenger.

"My family turned their back on me, basically, when I was having a hard time," the 55-year-old says. "You think I haven't answered this kind of question a bazillion times — why my sister is a multi-bazillionaire and I'm homeless on the street? Never say never.



ALL PHOTOS GETTY IMAGES

This could happen to anybody."

Ciccone says his troubles started when he lost his job at his father's Suttons Bay winery more than a year ago.

● METRO

Celebrity tweets



@AlecBaldwin

"I wanna be Brad for a day. No. A week. No. Make that a decade."



@RobLowe

"Taking off for a mad dash to Qatar on Miramax business."

Today, Zoëy Deschanel is happy with her purchases, Alec Baldwin has a case of Brad Pitt envy, Rob Lowe is globe-hopping, and Jeffrey Ross is having second thoughts.

@ZoëyDeschanel



"to the person who invented online shopping: THANK YOU."



@realjeffreyyross

"Starting to regret naming my dog Moamar."

No babies for Ellen, Portia

Ellen DeGeneres and Portia de Rossi won't be starting a family anytime soon, the talk-show host says in her new book, Seriously... I'm Kidding.

"People are constantly asking Portia and me if we are going to have children.

We thought about it. We love to be around children after they've been fed and bathed. But we ultimately decided that we don't want children of our own. There is far too much glass in our house," DeGeneres jokes.

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Life as art: NYC artist creating performance piece around birth of her firstborn



ISTOCK PHOTOS

► Experts warn that you are playing a dangerous game if you are trying to cut calories so that you can drink.

Cutting weight to drink

► New study shows that 'drunkorexia' more common among young women



CELIA MILNE
LIFE@METRONEWS.CA

Saving calories to go drinking?

The idea of rationing food so there are calories to spend on alcohol is not new. Girl groups laugh about it. College students do it. But it could be a dangerous habit for those in your group who have social and anxiety problems.

Sixteen per cent of college students in a recent U.S. survey admitted to combining disordered eat-

ing and binge drinking. The practice — which has been coined "drunkorexia," was three times more common in women than men, according to research at the University of Missouri.

"The report doesn't surprise me and I'd imagine there could be a similar pattern in Canadian students," says Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto. Drunkorexia is not a

formal diagnosis but rather an identified pattern of behaviour, she adds. The appeal for students is that they prevent weight gain, get drunk faster and save money.

But kids are toying with powerful forces here, warns Dixon.

"If it's a trend among friends to use alcohol meal-replacement, some young women in the group may be significantly more vulnerable than others to have the behaviour develop into a full-fledged eating or alcohol disorder."

Both problems emerge, she says, from the same fundamental difficulty with managing emotions and social interactions.

Victoria Osborne, from the University of Missouri, warned that drunkorexia can have shorter-term consequences such as having difficulty concentrating, being more at risk for violence, engaging in risky sexual behaviour, developing alcohol poisoning, and damaging vital organs. Her research has not yet been published or peer-reviewed.

Getting help

What you need to know

► **Advice** Some people who regularly skip food and then binge drink are at risk for serious eating disorders and alcohol dependence. If you're worried about a friend or family member, let them know you're concerned and tell them you understand, suggests Lauren Dixon, a social worker in the Eating Disorders and Addiction Clinic at the Centre for Addiction and Mental Health (CAMH) in Toronto.

Best Health Minute



BONNIE MUNDAY,
EDITOR-IN-CHIEF,
BEST HEALTH
MAGAZINE

The secret to staying young Research from McMaster University suggests that endurance exercise might help fight,

and even reverse, the signs of aging such as balding, grey hair and thinning skin.

What is endurance exercise? Aerobic activity, such as brisk walking, running or cycling, that improves cardio-respiratory

fitness. And the longer you do an aerobic activity, the better your endurance.

So, how was the study done? It may sound strange, but the lead researcher had mice with physical characteristics

comparable to a middle-aged person do 45-minute runs three times a week. Their skin became tighter, and their fur grew back. The theory is that exercise produces hormone-like chemicals that have a beneficial effect on tissues. Of

course, building your endurance takes time. But the potential of finding the fountain of youth seems like a pretty good incentive to me.

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Of colourful food and decor

- This eatery's eclectic approach makes it a homey place to enjoy lunch
- The menu includes standards like sandwiches and a unique take on nachos

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA



It wouldn't be strange if you thought you had just walked into a used furniture store with random, mismatched pieces spread out over two large rooms.

The retro and eclectic decor is what makes Pop Soda's Coffee House & Gallery a truly homey place to eat and enjoy some music, poetry or art.

The menu is just as much of a colourful mix as the furniture. Calling its menu "global fusion", salads, pizzas and sandwiches

► **Pop Soda's Coffee House & Gallery**
625 Portage Ave.
415-7666
popsodascoffeehouse.com
Licensed: Yes
Reservations: No
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: No
Price range: \$4 - \$12.75
Rating: 3.5 out of 5



► Pop Soda's offers a variety of nachos, including chicken.

are all available.

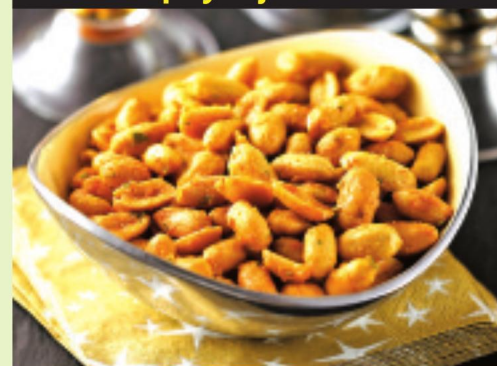
There's also a creative take on nachos. Variations include: Spicy Eggplant, Baked Mushroom and P—ssed Off Chicken (\$11). A

generous serving of chips with melted cheese, mildly spicy chunks of tomato and large slices of chicken require a fork and knife to eat but make the nachos

seems more like a complete meal.

Pull up a chair or grab a seat on a couch, make yourself comfortable and stay a while.

Sweet & Spicy Cajun Roasted Nuts



Having some unexpected guests is nice, but it's always good to have snacks on hand to offer. These dressed up peanuts go perfectly with beer or cocktails.

Preparation:

1 Preheat oven to 300°F (150°C). Line a baking sheet with parchment paper. In a medium bowl, whisk egg white until frothy. Then whisk in sugar and seasonings (if you only have garlic salt, add only 1/4 tsp (1 mL) salt) until blended. Add peanuts and stir to coat.

2 Spread peanuts out on prepared baking sheet. Roast in preheated oven, stir-

ring a couple of times until nuts are golden brown and mixture is barely sticky, 20 to 25 minutes. Taste, adding a little more salt if needed. Cool completely, breaking up nuts as they cool. Store in an airtight container for a couple of weeks. **NEWS CANADA/PEANUTBUREAU.CA**

Ingredients:

- 1 egg white
- 1/4 cup (60 mL) granulated sugar
- 1 tsp (5 mL) Kosher salt
- 1 tsp (5 mL) dried thyme leaves
- 3/4 tsp (4 mL) each cayenne and garlic powder
- 2 cups (500 mL) unsalted peanuts

Spice up apple season in savoury way

- Get this skillet chicken dish bathed in a sweet-savoury sauce of apples and onions on the table in 30 minutes



Curried Apple Chicken Sauté

► This recipe makes four servings.

Preparation:

1 In skillet over medium-high heat, melt 15 mL (1 tbsp) of butter. Season chicken on both sides with salt and pepper, then add half of it to pan. Cook 3 minutes per side, then transfer to a plate. Add remaining 15 mL (1 tbsp) butter and repeat with remaining chicken. Transfer second batch to plate, cover with foil and set aside.

2 Return skillet to heat and add onion. Sauté 4 minutes, then add cinnamon, curry powder and paprika. Sauté 30 seconds, then add apples. Toss well to coat,

then cover pan, reduce heat to low and cook 5 minutes or until apples are tender.

3 Uncover pan and stir in vinegar. In glass, mix water and cornstarch, then add to skillet. Stir, then bring to a simmer.

Return chicken to skillet, cover with sauce, then cover skillet and cook 8 minutes or until sauce thickens and chicken is fully cooked. Season with salt and pepper. Serve chicken with apple sauce spooned over it.

THE ASSOCIATED PRESS

Ingredients:

- 30 mL (2 tbsp) butter
- 4 boneless, skinless chicken breasts, pounded to an even 1-cm (1/2-inch) thickness
- Salt and black pepper
- 1 yellow onion, diced
- 2 mL (1/2 tsp) cinnamon
- 2 mL (1/2 tsp) curry powder

- der
- 1 mL (1/4 tsp) smoked paprika
- 2 baking apples (such as Cortland or Granny Smith), peeled, cored and finely chopped
- 30 mL (2 tbsp) cider vinegar
- 125 mL (1/2 cup) water
- 15 mL (1 tbsp) cornstarch



DON'T FORGET YOUR MANNERS ON HALLOWEEN

CHARLES THE BUTLER



ASK CHARLES
THEBUTLER@
METRONEWS.CA

FOR MORE, VISIT
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Is there such a thing as Halloween etiquette?
Anonymous

Interestingly enough, yes there absolutely is good Halloween etiquette. Below are six simple guidelines to help you have a fun and great Halloween season.

1. Never cross through the flowerbeds going from house to house. Always walk up the driveway or

walkway.

2. Repeatedly ringing the doorbell is rude and unnecessary. When you arrive at the door, ring the doorbell once and wait for the door to be answered.

3. When answering the door, don't over-scare trick-or-treating toddlers.

4. Don't be greedy. If you're offered a large bowl of candy, take a little bit, not a huge handful, and always say thank you!

5. If the party invitation says "wear a costume," you are required to wear a costume.

6. The hours for trick-or-treating are dusk to 9-ish and then it really needs to come to an end.

HAVE A QUESTION? EMAIL CHARLES AT
ASKCHARLESTHEBUTLER@
METRONEWS.CA.

Date Night



► Your local farmers' market is a good spot to visit with your partner.

Ideas for your next date

1 Market yourselves
Get fresh with your honey. Take in the sights and sounds of your local farmers' market. Stroll with your sweetie as you linger over fresh fruits and veggies, deli meats and baked goods. Makes the perfect precursor to a romantic date night in—alternate who cooks or make it a team effort.

2 Aw, shucks!
Sample the aphrodisiac powers of oysters! These slippery shellfish are said to boost libidos while satisfying hunger. Hit your local oyster bar to get in the mood.

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IDEAS

YOU MAY BE A PRIZE CATCH, BUT IF THE TIMING AIN'T RIGHT ...

I'm a guy who usually doesn't have a problem getting women, but recently I met a girl I really liked and after only a couple of dates, she broke it off. This kind of thing has happened to me before. Why is it that when I really like a girl, it doesn't work out, but when I'm only half into it, I'm really successful? Quantity Over Quality

Andrea: Dear Q,
I wouldn't worry too much as you're already at

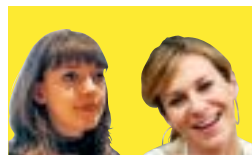
a distinct advantage over most of your peers: you know what it's like to be successful in the first place.

You just have to maintain that same mindset and use it when approaching or dating a "high quality" woman.

Tell yourself that she's just another girl.

If you're still unsuccessful, break down your behaviour into manageable components: How do you

TWO SISTERS



ANDREA & CLAIRE
RELATIONSHIPS@METRONEWS.CA

act physically around the girls you really like?

Do you fail to keep eye contact?

Ask the same of your verbal cues. All these little mannerisms need to be corrected to convey the same confidence you would generally have with a girl you're not as interested in. Good luck!

Claire: Dear Q over Q,

If I knew the answer to your very good question, I'd be rich. We've all been there, and let's face it, we

all secretly think we are awesome and above average and how could she not have noticed it?

So, assuming you didn't embarrass yourself by being too keen and suggesting baby names for your first child together, here's what I think happened: Bad timing.

The older we get, the more important timing matters, even if you're the best catch since Brad Pitt.

If you met this girl and

the timing is wrong for her, you're screwed, and not in the good way.

Touch base with her in a month or so, be light and friendly and see where it leads. If not, she loses, and you now have a new criteria to include in your search for the ideal woman.

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



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FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA



A rotten economy makes extravagant dating nearly impossible.

Forget full-priced tickets to Arcade Fire or a romantic helicopter ride. I double dare you to use a coupon on your next date. According to CouponCabin's October 2011 survey, nearly 20 per cent of adults have used a coupon on their first date and received a positive reaction. Meanwhile, 75 per cent said they wouldn't be offended if their date used a coupon to pay.

Times have changed and it's no longer frowned upon to be frugal while dating. In fact, if frugality is one of your core values, saving money while dating is a great way to test whether

your partner is financially compatible with you.

Downsize your date and focus on spending free quality time together. Grab a java and go for a walk. Play a game of tennis or Monopoly. If you're into old movies, rent DVDs from the library. Go grocery shopping and cook a meal rather than eating out.

Date online. Join dating communities like eHarmony and use coupons for your membership. Plus, you can pre-screen your date so you don't waste time and money getting to know someone who's incompatible with you.

Before you use a coupon, gauge whether your date would be cool with it or not. If you think they're into couponing, crack a joke about your Groupon deal of the day, and present the coupon to the server.

Saving money is sexy. Going into debt to impress a date is not.

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA



With household debt at historically high levels, small surprise that nearly half of all Canadians confess to living paycheck to paycheck.

And, judging by my inbox, many of you despair about ever getting ahead.

Forget the big picture for the moment. It just makes your head ache. Instead, focus on creating a little financial buffer by saving a few dollars on everyday expenses.

With winter approaching it's an excellent time to reduce your electricity footprint. I tackled mine three years ago.

My husband and I live in a leaky 160-year-old

Electricity costs:

- ▶ Clothes dryer: \$500 to \$1,000 annually
- ▶ Clothes washer: \$100 annually
- ▶ Old fridge or freezer: \$150 annually
- ▶ Heating and cooling: 60 per cent of total electricity bill

stone house so our experience won't match a townhouse dweller. Still, every buck not spent is a buck back in your pocket.

With very little effort we saved at least \$150 a month, or \$1,800 a year.

1. I had an ancient fridge in my basement chugging away. The Ontario Power Authority hauled it away (and will still do so) for free.

Check your own jurisdiction. BC Hydro, for instance, picks up 10 to 24 cubic foot fridges gratis

and gives you \$30 to boot.

2. I've always been pretty good at turning off lights but I went one step further, turning off power bars, the satellite receiver and everything else that had a standby setting.

3. We changed to incandescent bulbs in low traffic, non-reading areas.

We initially switched everything but found they didn't provide enough illumination for intensive reading or computer work.

4. We weather-stripped, caulked like crazy and applied plastic film to windows facing the north westerly's.

5. The temp got tweaked and we adapted pretty well to higher air conditioning and lower heat settings. I estimate that about \$80 of that \$150 monthly savings was through heating and cooling alone.

6. It's become a matter of pride in our house that



we use the dryer only for emergencies — for example, when it's 10 p.m. and someone forgot to hang out the sheets. I now actually prefer the crinkly feel of air-dried clothes and no longer use those icky anti-static sheets.

Voilà! \$150 saved monthly = \$23,636 over 10 years at an average five per cent rate of return. Even more if you put it in your RESP or RRSP.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS

in Allan Small's Investment Perspectives
Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing,
financial planning, student money
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Quoted



"Children should not mess with fireworks. They can be very dangerous if they are not used in the right way."

MANCHESTER CITY STRIKER MARIO BALOTELLI, WARNING OTHERS ABOUT THE DANGERS OF FIREWORKS, DAYS AFTER HE HAD TO EVACUATE HIS HOUSE BECAUSE OF A FIRE IN HIS BATHROOM CAUSED BY A FIREWORK. BALOTELLI BLAMED THE INCIDENT ON A FRIEND YESTERDAY.



Scan code for more sports news.

World Series. Game 5



TOM PENNINGTON/GETTY IMAGES

Rangers would stick with Harrison for Game 7: Manager

If the World Series extends to seven games, Rangers manager Ron Washington has no plans to alter his pitching rotation. "It's Harry's game," Washington said yesterday, referring to Matt Harrison. The question came up after left-hander Derek Holland threw 8½ scoreless innings in Game 4 against the Cardinals. Harrison, who made it through only 3½ innings in Game 3 on Saturday, would get his next turn in the rotation in Game 7.

THE ASSOCIATED PRESS

Ready to take on the world

Back in OHL, Jets prospect Scheifele sets his sights on world junior championship

Playing in front of Winnipeg Jets fans who are over the moon about getting their NHL team back was a dress rehearsal for Mark Scheifele.

The atmosphere in the three games Scheifele played at Winnipeg's MTS Centre will be comparable to the charged environment in Edmonton and Calgary during the 2012 world junior hockey championships starting Dec. 26.

"If I were to play in that, it will probably be very similar and be very cool to be able to play for Team Cana-

"I was happy I was able to stick with Winnipeg as long as I did and given the opportunity."

MARK SCHEIFELE

da and be able to wear that jersey for world juniors," Scheifele said yesterday.

"Just watching it growing up, it's crazy, especially when it's in Canada."

Winnipeg's decision to return the 18-year-old forward to the Ontario Hockey League's Barrie Colts is a boon for the country's junior team. He is expected to play a prominent role for

Canada in the tournament.

"He's an offensive talent," Hockey Canada head scout Kevin Prendergast said. "From our standpoint, it's huge to have him back. He has all the attributes we need right now because of all the players who are still in the NHL."

With centres Ryan Nugent-Hopkins (Edmonton), Ryan Johansen (Columbus)

and Sean Couturier (Philadelphia) still with their respective NHL clubs, Scheifele and Ryan Strome of the Niagara IceDogs are currently Canada's top two centremen.

"Ryan Nugent-Hopkins is playing really well and also Sean Couturier is playing really good with Philly too, so we'll see how they pan out," Scheifele said. "I wish them all the best luck and not just because I want to be on the Canadian team. Hopefully they stick."

After experiencing the bright lights and big cities

of the NHL, teenagers often feel let down upon their return to the junior ranks.

The prospect of playing in the world junior tournament, helps take the sting out of the demotion.

"I'm sure everyone when they get sent down is a bit disappointed and I was too when I was told the news, but you have to think of it as everything happens for a reason," Scheifele said. "You can't get down on yourself. You're playing the game of hockey and something you love to do."

THE CANADIAN PRESS

Pronger will miss a few weeks

Flyers defenceman Chris Pronger will miss two to three weeks and spend the next few days on bed rest after taking a stick to the right eye against Toronto.

Pronger and Toronto's Mikhail Grabovski sprinted for a loose puck in the circle after a rebound off Flyers

goalie Sergei Bobrovsky last night.

Grabovski slapped at the puck, but his stick connected with Pronger's stick and the blade shot straight up into the defenceman's face.

Pronger screamed in agony and instantly clutched his face. Hunched

over, he skated straight to the bench, his hands over his eyes, and went to the dressing room with 8:02 left in the first period.

Pronger does not wear a visor. General manager Paul Holmgren said he would not be cleared to play without one. THE ASSOCIATED PRESS

THREE STARS

Quick honoured

Los Angeles Kings goaltender Jonathan Quick, Ottawa Senators centre Jason Spezza and Washington Capitals goaltender Tomas Vokoun were named the

NHL three stars of the week yesterday.

Quick became the first Kings goalie to post three consecutive shutouts as L.A. improved to 5-1-1.

Spezza registered seven points (three goals, four assists) last week in helping the Senators to two wins in three starts.

THE CANADIAN PRESS

Crossword

Across

- 1 Send forth
- 5 "— company, ..."
- 9 Scepter
- 12 Broad
- 13 Furnace output
- 14 — out a living
- 15 Find not guilty
- 17 Savings plan acronym
- 18 Person, place or thing
- 19 "Loves me (not)" determinant
- 21 Had a home-cooked meal
- 24 Old woman's home?
- 25 Coffee vessels
- 26 Company agent
- 30 Money of Moldova
- 31 "The Age of Anxiety" poet
- 32 Brewery product
- 33 Insisted on
- 35 List-ending abbr.
- 36 Historic times
- 37 Concerning
- 38 More angry
- 40 Macadamize
- 42 Lawyers' org.
- 43 Work together
- 48 Obtain
- 49 Camel feature
- 50 Singer Campbell
- 51 Sailor's assent
- 52 Puppies' calls
- 53 Harvard rival

Down

- 1 Lamb's mama
- 2 Blend
- 3 Altar affirmative
- 4 Serena's game



- 5 From one end to t'other
- 6 Slowly withdraw (from)
- 7 Cereal tidbit
- 8 Sondheim or Colbert
- 9 Say again
- 10 Veggie in Creole cooking
- 11 Transaction
- 16 Lo-o-ong time
- 20 Dawn goddess
- 21 "— Lang Syne"
- 22 Genealogy chart
- 23 Count
- 24 Coaster

- 26 Lather
- 27 Citric quaff
- 28 Verve
- 29 Hide
- 31 Lawlessness
- 34 Exist
- 35 Vim
- 37 Thoroughfare (Abbr.)
- 38 Long story
- 39 Do as you're told
- 40 "— and Circumstance"
- 41 iPad downloads
- 44 French assent
- 45 Carte lead-in

- 46 Aviv preceder
- 47 Compass pt.

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

8	9	6	4	2	7	1	3	5
2	4	5	1	8	3	7	9	8
7	1	3	5	8	9	4	6	2
3	5	2	7	9	4	6	8	1
1	8	4	2	5	6	9	7	3
6	7	9	3	1	8	5	2	4
4	3	8	8	7	5	2	1	9
9	6	1	8	4	2	3	5	7
5	2	7	9	3	1	8	4	6

A look at the weather

TODAY	TOMORROW	THURSDAY
Min -3° Max 9°	Min -5° Max 6°	Min -2° Max 6°



Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." WEEKDAYS 6AM



Today's horoscope

♈ **Aries** March 21-April 20 What seemed so simple yesterday won't look quite so simple today, but tomorrow it will all make perfect sense again.

♉ **Taurus** April 21-May 21 There seems to be some confusion in your life at the moment, but don't worry, nothing bad will come of it.

♊ **Gemini** May 22-June 21 You should own up to your secret and move on.

♋ **Cancer** June 22-July 22 Be patient with your expectations of people.

♌ **Leo** July 23-Aug. 23 It would be a mistake to give up on something

just because you can't understand what it's supposed to be about.

♍ **Virgo** Aug. 24-Sept. 22 You have a nasty habit of telling yourself that you are not good enough to succeed but that's nonsense.

♎ **Libra** Sept. 23-Oct. 23 You often find it hard to make up your mind.

♏ **Scorpio** Oct. 24-Nov. 22 Don't make any hard or fast relationship decisions just yet.

♐ **Sagittarius** Nov. 23-Dec. 21 At some stage today you will realize that what you were hoping for is not going to happen, but that's actually pretty good news.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♑ **Capricorn** Dec. 22-Jan. 20 What occurs over the next few days will prompt you to accept that what you don't know it all.

♒ **Aquarius** Jan. 21-Feb. 18 You need to take a radically different approach in certain important areas of your life, particularly on the home front.

♓ **Pisces** Feb. 19-March 20. It is time to let go of something, or maybe someone, you have come to rely on a bit too much. It won't be easy, of course, but it can and must be done if you are to move on to better things.

● SALLY BROMPTON

Caption contest



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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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The photos in picture are from previous editions of Photo Challenge.
The largest photo by Hazel Conry, Ireland, the Global Winner in 2009.

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